



# Norfolk Federation of WIs

Charity Number: 227411

## Norfolk and Suffolk Treacle Tart

Valerie Broomhead Barford, Wramplingham & District WI

Head of Food Technology and a Home economics teacher in more several different Norfolk High Schools, Val took pleasure in teaching traditional Norfolk recipes. Here is one that she remembers that all enjoyed.

"Norfolk and Suffolk share a special recipe for Treacle Tart, recorded in many old hand-written recipe books. it is often known as 'treacle custard' because it does not contain any breadcrumbs like a traditional treacle tart. The filling is rich and creamy and sets into a light lemon flavoured jelly, but it is much less sweet and filling than the usual recipe.

### INGREDIENTS

- 8oz (22g) shortcrust pastry
  - 4 oz (100g) golden syrup
  - 1 oz (25g) unsalted butter
  - grated rind of 1 lemon
  - 3 tablespoons double cream
  - 1 egg
1. Roll out the pastry and use it to line a 7in (17.5 cm) round tin. Prick the base lightly and bake at 400<sup>o</sup>F/200<sup>o</sup>C/Gas Mark 6 for 15 minutes. Reduce oven heat to 350<sup>o</sup>F/180<sup>o</sup>C/Gas Mark 4.
  2. Warm the syrup until just runny. Take off the heat and stir in the butter and lemon rind. Beat the cream and egg lightly together and mix into the syrup. Pour into the pasty case. bake for 30 minutes. Serve just warm or cold with cream.

Serves 6

